

OFFICE OF CIVILIAN DEFENSE  
CIVIL AIR PATROL

TRAINING DIRECTIVE)  
NO. 40

NATIONAL HEADQUARTERS  
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PHYSICAL TRAINING

1. General

This Directive deals with the mass and the individual physical and morale training, which is so necessary to meet the requirements of our services, which requires military precision, a strong, alert, vigorous body, that can meet any emergency, regardless, of where we meet the enemy.

We have been the victims of an environment, which has emphasized peace, tolerance and democratic freedom, while our enemies have developed a program which exalts physical strength, endurance, temperance and to obtain by force everything we have in abundance.

Therefore, to defeat this enemy, we must be skilled in all the techniques of a Total War, we must be strong and alert, imbued with the fighting spirit and strength to overpower any enemy anywhere.

Experienced instructors can be gotten from our universities and school systems, also, their facilities can be made available that a physical training program can be developed to bridge this gap from the easy-going civilian to the mentally alert and physically fit fighting man or woman, which will give confidence to meet an opponent and to beat him. This is the most important game we will ever play. It must be played hard; we must win. There can be no second prize. It is recommended that this Physical Training program become an integral part of your life and certainly CAP. That this human machine can maintain the highest degree of efficiency -- stamina to match the machine of war, which will make toward perfectly coordinated team or unit.

Each member should be instilled with the desire to improve his physical condition to the extent that he accept the group goals as his personal goal.

The men must work hard. The class must be one of continued activity. Success will come only on sustained and intense effort. Minor aches and muscular soreness will pass in time.

To successfully develop such a program, your key-man must be a leader who knows his subject. He should like his work and have an understanding and the ability to get things done. He must strive to

create in his class the greatest degree of efficiency

create in his class the greatest degree of efficiency possible. To accomplish this he must always exemplify the thing he is seeking to teach. His voice must have quality, commands crisp and clear, and from deep in the chest, that it will produce a prompt and sharp response. He must be direct and crisp, quiet and encouraging. Indecision, impatience, discouragement and sarcasm should not be tolerated.

Those who cannot participate daily in squadron physical training a card with outline for a weeks training be prepared that they can exercise at home.

This can only be done by physically conditioning his muscles that they are toughened and strengthened, that his posture, agility, coordination and general well-being are improved to an extent that he will be in condition throughout the period of the war, and for what comes after the war; that never again shall we have men or women whose strength and vigor are inferior to those who might attack us. Thus, the objectives of physically training.

1. To physically condition all members in CAP
2. To provide a pattern whereby we can condition ourselves.
3. To instill in all CAP members the value of physical conditioning for the soldier or citizen.
4. That as a CAP member, you will know how to conduct yourself in the water.
5. Handling of the rifle or the shotgun to develop a handiness essential to its use.
6. A proper coordination of work, sleep, diet and recreation.

## 2. Character and Description.

All exercises and activities will be selected on the basis of their value in improving the physiological function and coordination of the body. The prescribed program must be introduced on a graduated basis beginning with mild forms of exercises and gradually increasing the amount and degree of difficulty.

### A. En Masse Activities - - - : 20 minutes to 2 hours

Mass drills and activities and calisthenics will be given in accordance with the needs of this group and along a graduated scale for the all-around development of each individual. The exercises selected and administered for all parts of the body - arms, neck, shoulders, trunk and legs. Properly executed they will have a disciplinary value as well as physiological benefits. Attention is directed to paragraph 25, page 38, and to paragraph 74, page 146; Basic Field Manual 21-20, dated March 6, 1941, for grouping and sequence of these exercises. Equipment and apparatus will be used where recommended.

### B. Conditioning Activities - - - : 20 minutes to 1 hour



Activities selected on basis of their contribution toward stamina, condition and endurance. Apparatus will be used where recommended. Activities include:

Cross Country  
Cross Country Steeple Chase  
Push Ball  
Tug-O-War  
Medicine Ball  
Obstacle Course  
Windsprints

C. Games and Contests - - - -: 20 minutes to 1 hour

All athletic activities will be selected on the basis of their value in developing and maintaining a high degree of physical conditioning, opportunities for mental relaxation, self-expression, continued development of neuro-muscular skills and utilization of off-duty time. Instruction will be given in the fundamental skills necessary for satisfactory participation on those activities. Schedules of games and contests will be arranged. Activities will include:

Basketball	Speed Ball
Goal Hi	Touch Football
Basketball Drills	Soccer
Rug-O-Basketball	Box Ball
Medicine Ball	Volleyball
Giant Volleyball	Peripheral Vision Skills
Socko-Volleyball	Water Polo
Soft Ball	Water Basketball
Kick Baseball	Water Dodge Ball

D. Individual Activities - - - -: 20 minutes to 1 hour

Activities selected on a basis of their contribution to stamina, endurance, opportunities for mental relaxation, self-expression, continued development of neuro-muscular skills, utilization of off-duty time. Instruction will be given in the fundamental skills necessary for satisfactory participation in these activities. Schedules of competitive athletic activities will be arranged. Activities will include:

Pyramid Building	Track and Field
Tumbling & Gymnastics	Sparring
Weights and Bars	Bag Punching
Archery	Box Hockey
Horseshoes	Fencing
Handball	Hand-to-hand activities



P etaka Tio  
Dodge Ball  
Padale Tennis  
Ping Pong

Ju Jitsu  
Aerial Darts  
Badminton  
Tennis

E. M easurement and Records - - - - 4 minutes to 1 hour

1. Physical Characteristic Examinations of trainees will include figure, musculature, kyphosis, lordosis, scoliosis, ptosis, underdevelopment of lower and upper extremities, height and weight.

2. Physical fitness and achievement tests will consist of the following:

1. Push-Up
2. Pull-Up
3. Burpee - 20 seconds
4. Body Lift
5. Standing Broad Jump
6. 75 Yard Run
7. 150 Yard run